

# 6 Tips for Making the Most of Your Farmers' Market Experience

- 1 Make a meal plan before you go.** There are often meat, cheese, bread, vegetable, fruit, and dessert options available, so you may be able to get everything you need for an amazing dinner or for a variety of meals throughout the week!
- 2 Plan ahead and buy extra produce to preserve for next winter.** There's nothing as satisfying as making, sharing and/or enjoying home-preserved Colorado produce—like peach jam, pickled peppers, or tomato salsa!
- 3 Bring clean, reusable grocery bags to load up your purchases.** (Remember to wash them regularly, too!) Also, bring insulated bags or have a cooler with frozen ice packs in your car or bike cart for meats, eggs, cheeses, and any other items that should be kept cold before you return home. Always keep raw meat and poultry separated from fresh produce.
- 4 Embrace ugly fruit and veggies!** Who are we to demand perfection from plants? Do your part to reduce food waste and give that crooked carrot or misshaped tomato a place at your table!
- 5 Talk to vendors about their products--they are the experts!** Feel free to ask a grower about any unfamiliar produce or for advice on the best ways to prepare or store different products. Even a seasoned shopper can confuse parsley with cilantro, or beets with radishes.
- 6 Take full advantage of the farmers' market experience.** You may want to walk through the whole market before making any purchases in order to determine what is available. Take time to appreciate the local musicians, look around to see if you recognize neighbors or co-workers, and to try or buy something new!



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## Designed for Smart Market Shopping!

Use your smart phone or computer to access CSU Extension's **Preserve Smart**. Use the app or website to find high elevation canning, freezing, and drying directions and recipes for a wide variety of fruits and vegetables.

<https://apps.chhs.colostate.edu/preservesmart>

